FAIRFIELD SECONDARY SCHOOLS

FAIRFIELD	SECONDARY SCHOOLS			31111	
LUNCH ME	NU – May	19 - May 2	23, 2014		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	19 ★ WW French Toast Sticks w/syrup Chicken Sausage Apple Juice Vegetable Cup Choice Assorted Fruit Choice Milk	20 Breaded Baked Chicken Sweet Potato Gems Broccoli Cuts Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	21 Meatballs in Sauce on Grinder Roll Garden Salad w/Lite Dressing Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	22 Nacho Scoops ◆Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice ⊛Milk	23 ★Cheese Pizza �Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL	Select One Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps Select One Protein – 2oz Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese Select From				
DELI BAR					
CREATE YOUR					
OWN \$3.85	Romaine or Spinach Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans				
	Choice of fruit and veggie cup				
	Choice of 1% or skim white milk or fat-free chocolate milk				
DELUXE MEAL \$3.85	L Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk				
SPECIALTY BAR \$3.85	Select One Entree Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk				
DELUXE MEAL GRAB AND GO \$3.85			ogurt Parfait or Chef Sal skim white milk or fat-fr		
		Ca	esar Salad or Tossed Sa	lad	
A LA CARTE SALADS - \$2.25	Soup of the Day				
80z. SOUP - \$1.50 A LA CARTE Priced individually		Bagel, Yogurt, String	Cheese, Cereal, Snacks,	Ice Cream, Beverages	
		Ber Bern			

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. Menu subject to change $\diamond =$ indicates meals cooked from scratch $\star =$ indicates vegetarian meals